PDHRA Battlemind Traini
Continuing the Transition Home

Audience: Service Members and leaders
Training Timeframe: 3-6 months after deployment as part of the Post Deployment Health Re-Assessment (PDHRA)
(Reconstitution phase of Deployment Cycle Support)
Version2.0 9MAR06.ForVideo

***See Notes Pages for Briefing Instructions**

Battlemind

Battlemind is the Soldier's inner strength to face fear and adversity in combat with courage.

Key components include:

- Self-confidence
- Mental toughness

Battlemind Training builds on these strengths.

Combat Skills You All Possess

- Battlemind skills helped you survive in combat…
  but may cause problems when you get home…
  if you haven't adapted them

Buddies (cohesion) **vs.** Withdrawal
Accountability **vs.** Controlling
Targeted Aggression **vs.** Inappropriate Aggression
Tactical Awareness **vs.** Hypervigilance
Lethally Armed **vs.** "Locked and Loaded" at Home
Emotional Control **vs.** Anger/Detachment
Mission Operational Security (OPSEC) **vs.** Secretiveness
Individual Responsibility **vs.** Guilt
Non-Defensive (combat) Driving **vs.** Aggressive Driving
Discipline and Ordering **vs.** Conflict

- **Battlemind Checks** allow Soldiers and their Buddies to identify when help is needed.

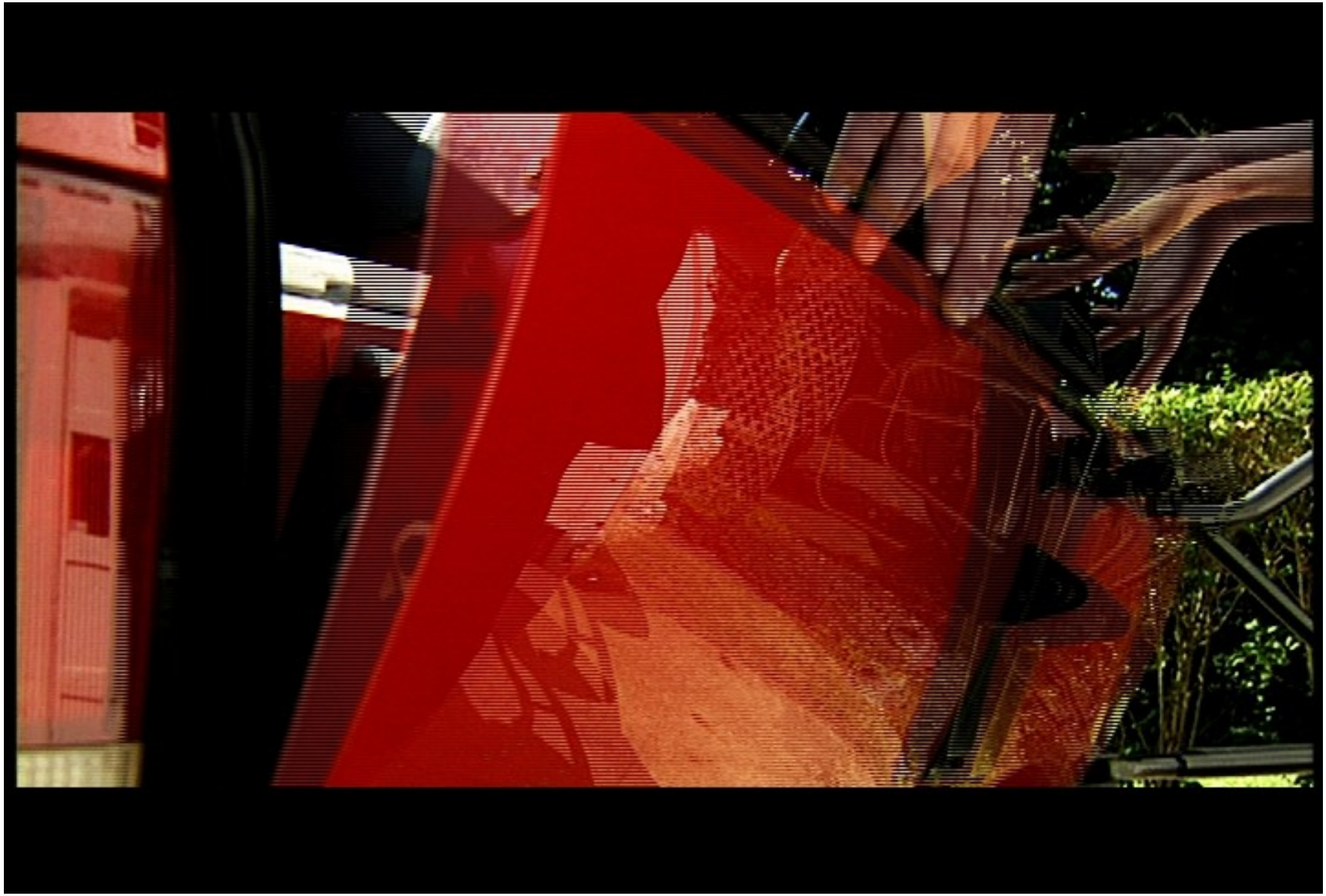
Two Buddies

- To play video scenario, click the link to play the video.

buddies_driving.wmv

Loaded weapon to a picni

Loud noise…



Startles: feels like he's 'back there'

Inappropriate aggression

Aggressive driving

Loaded weapon to a picni

Lethally Armed vs. “Locked and Loaded” at Home

B
A
T
T
L
E
M
I
N
D

In Combat: armed at all times
At Home: urge to be armed continu

In combat, it's dangerous to be unarmed

At home, it's dangerous to be ar

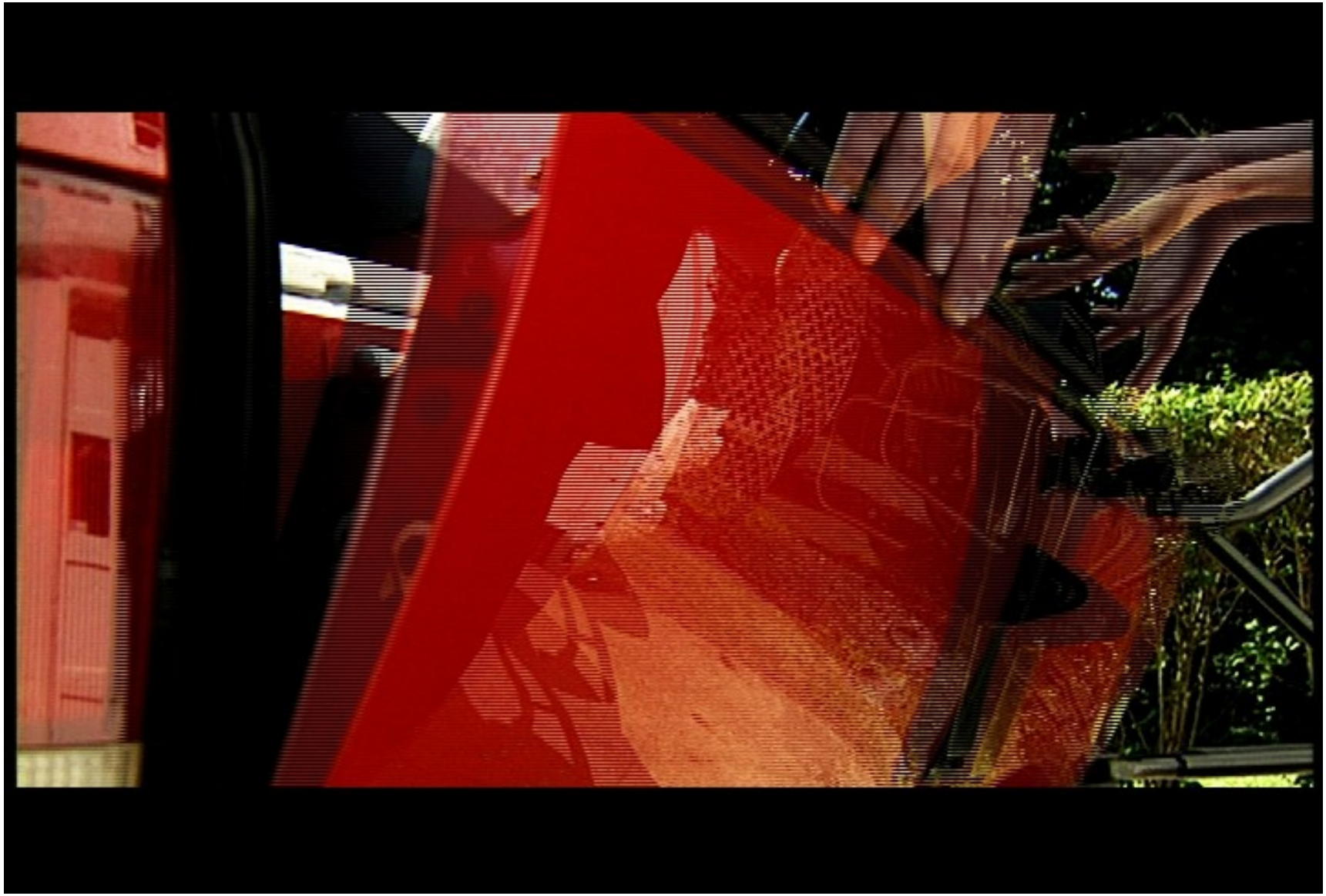
Battlemind Check (self & buddy)

Threatened someone with a weapon?

Carry a loaded weapon in your car?

Keep an weapon at home

Loud noise…



Startles: feels like he's 'back there'

Tactical Awareness vs. **Hypervigilance**

BATTLEMIND

In Combat: alert & aware at all times; react immediately

At Home: Hypervigilant. You may feel

Combat requires constant alertness
Back home it takes time to learn

Battlemind check (self or buddy)

Still jumping at loud noises…revved up?

Still have trouble with sleep or night

Drink **help you sleep**

Inappropriate aggression

Aggressive driving

Non-Defensive (combat) Driving
vs. Aggressive Driving

BATTLEMIND

In Combat: Unpredictable, fast driving to avoid IEDs

At Home: Aggressive driving leads to sp[illegible]s, fata[illegible]

In combat, driving fast avoids danger

Back home, driving fast 'feels ri

Battlemind check (self or buddy)

Chasing adrenaline highs by driving fast?

Involved in driving accidents?

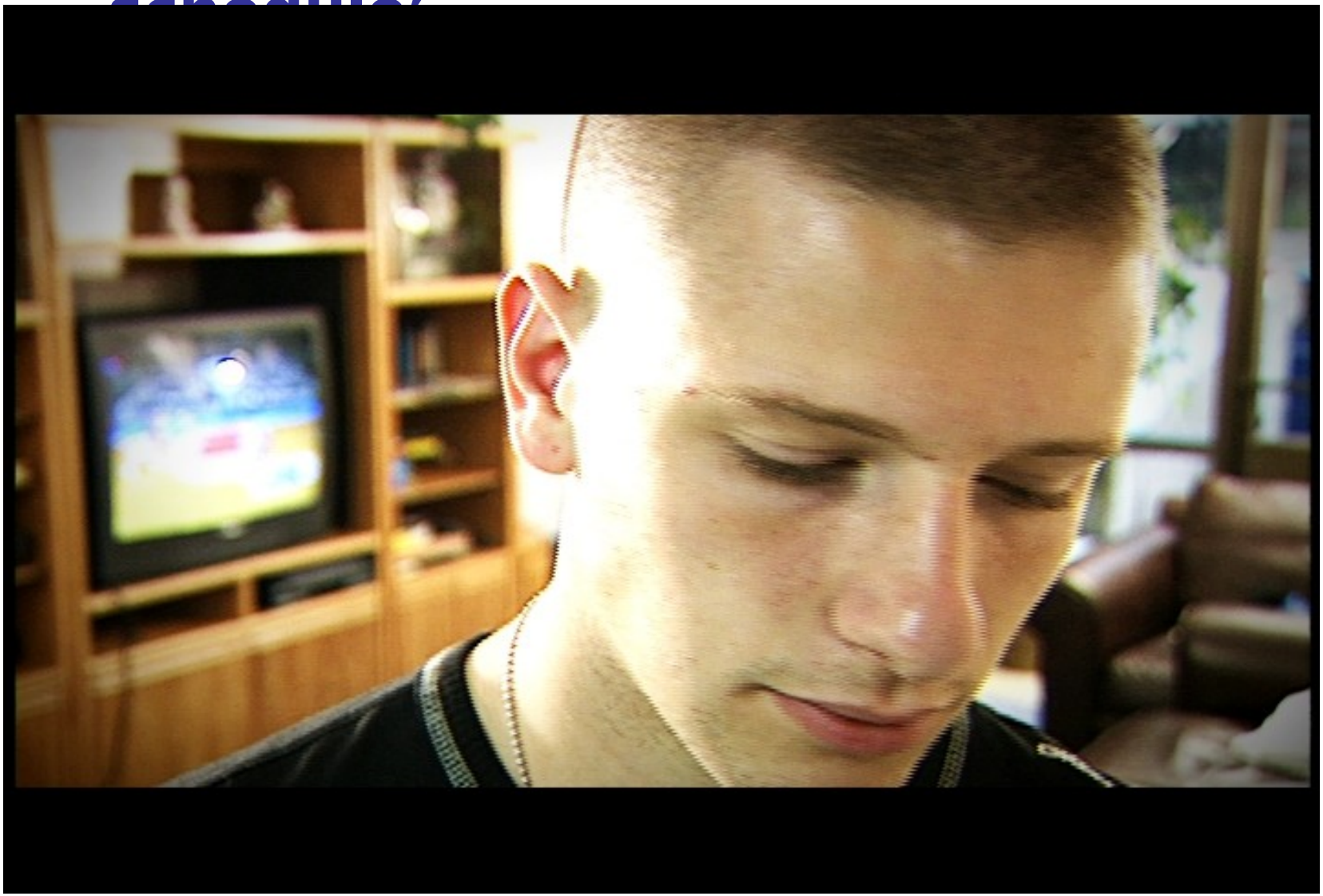
Easily ving?

Father-son

To play video scenario, click the link to play the video.

father_son.wmv

Too Controlling: disappointed when it doesn't work out on 'his schedule'



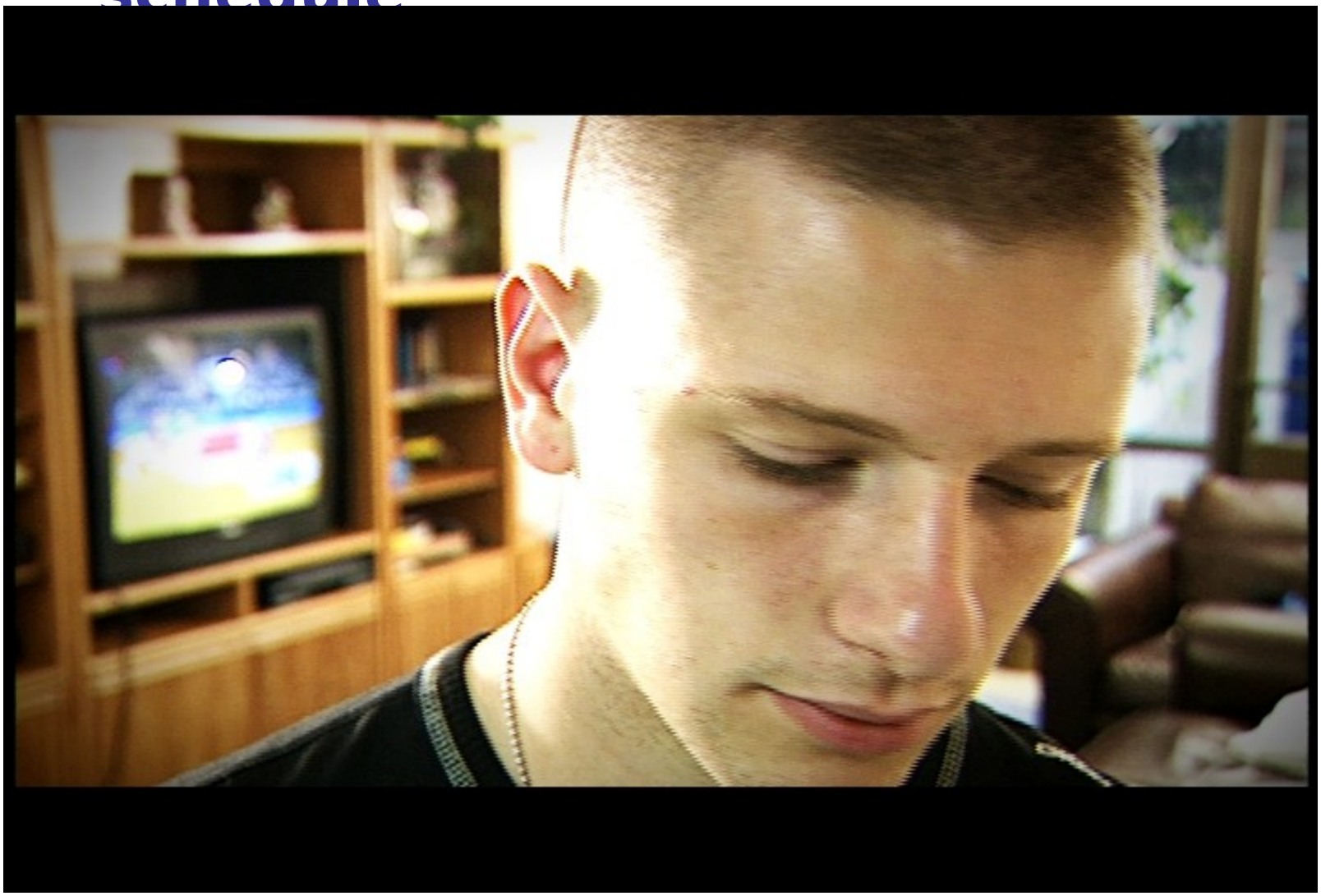
Drinking to deal with hurt feelings

Too rigid…won't negotiate…'scram'

Inappropriate aggression

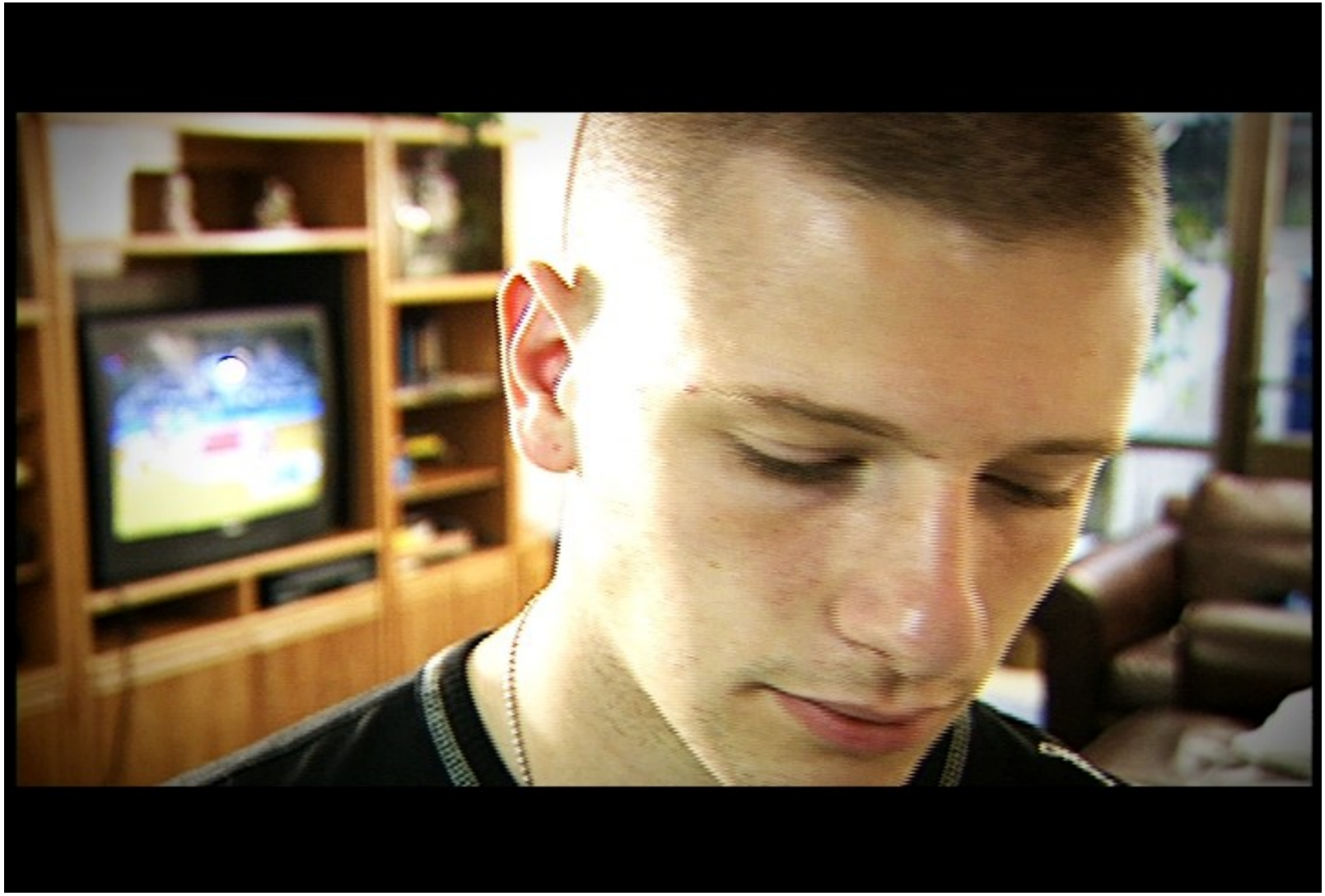
Detaches rather than ‘making it right’

Too Controlling: disappointed when it doesn't work out on 'his schedule'



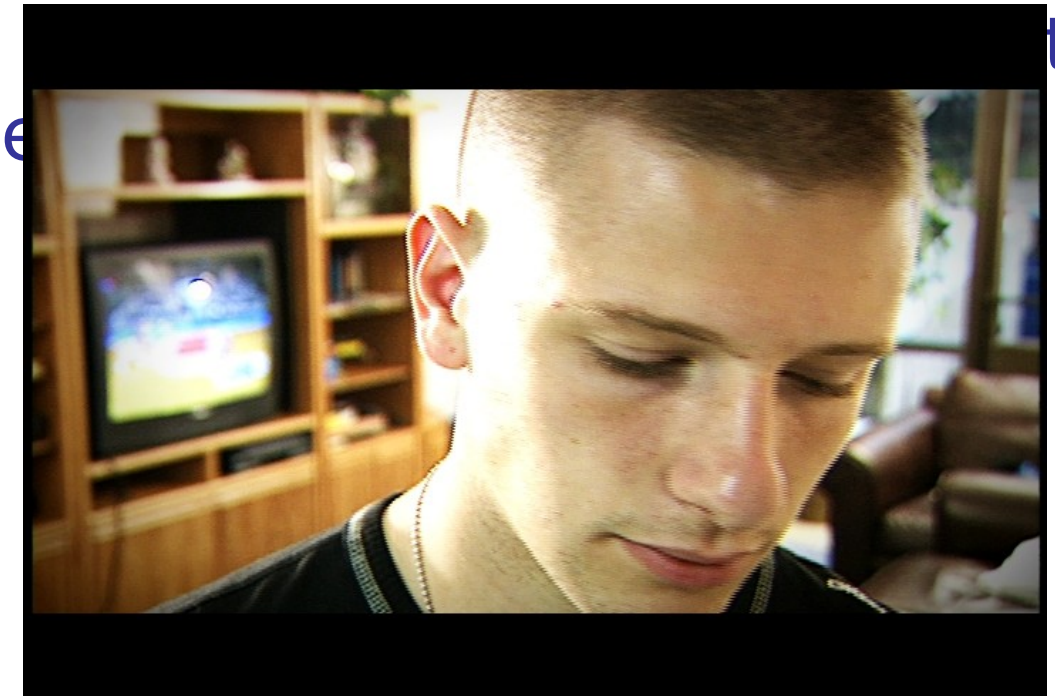
Accountability vs. **Controlling**

B
A
T
T
L
E
M
I
N
D



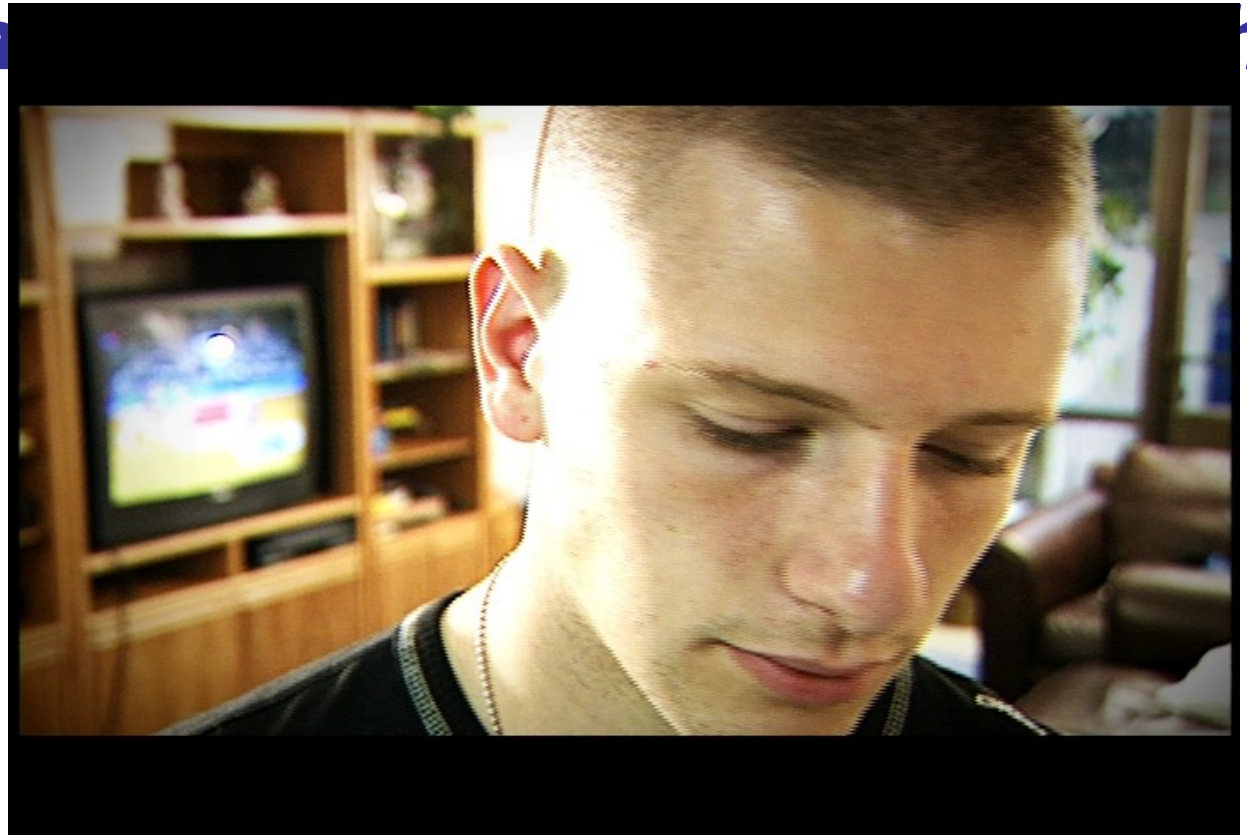
In Combat: Maintaining control of weapon and gear

At Home: Too controlling. Become angry when someone messes with your stuff. things right e



Back home, the small details are no longer important

Fa[redacted]nared.

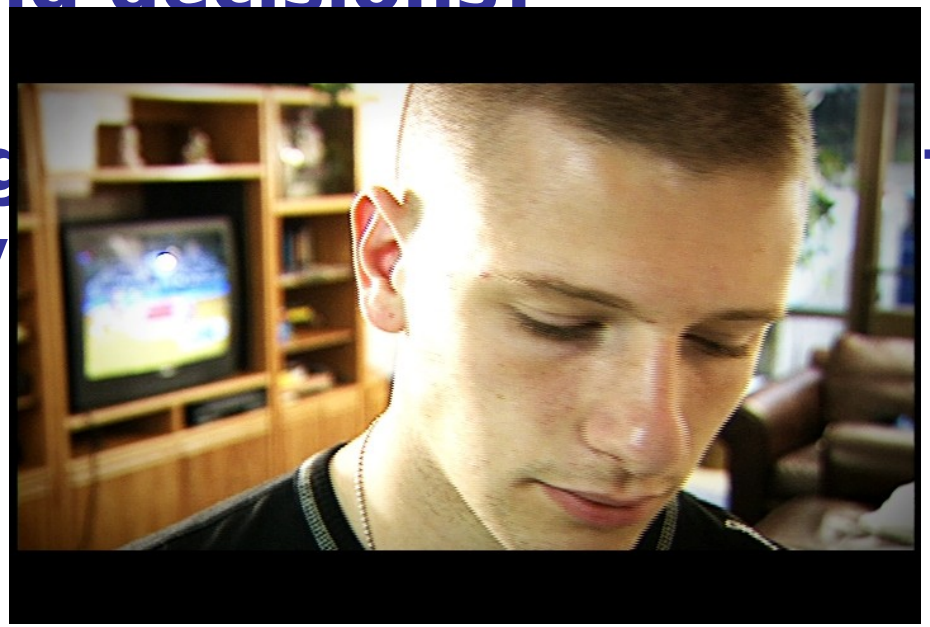


Battlemind check (self or buddy)

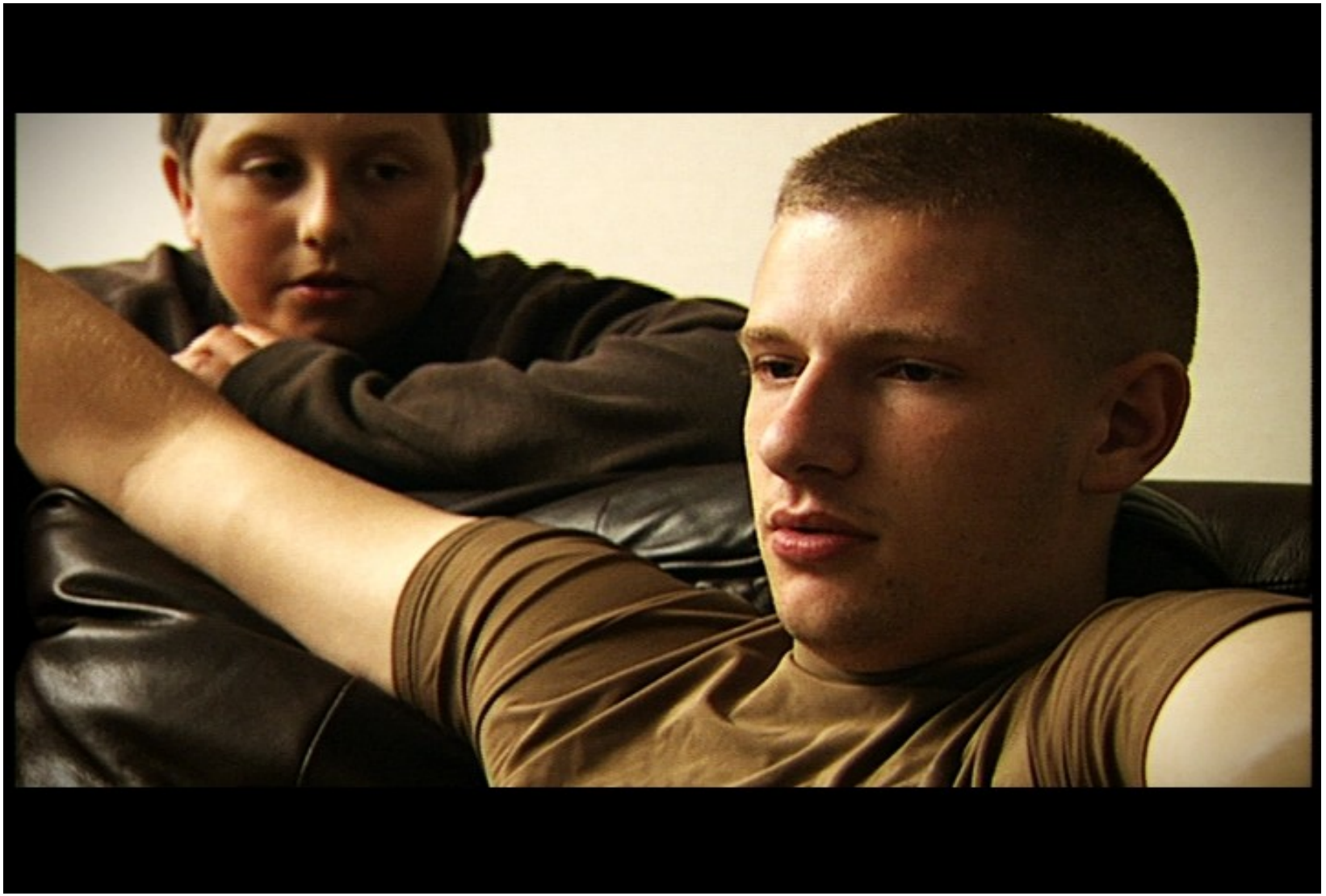
Overreacting to minor events?

Trouble letting family/friends share in making decisions?

Trying t don't really



Too rigid…won't negotiate…"scram"

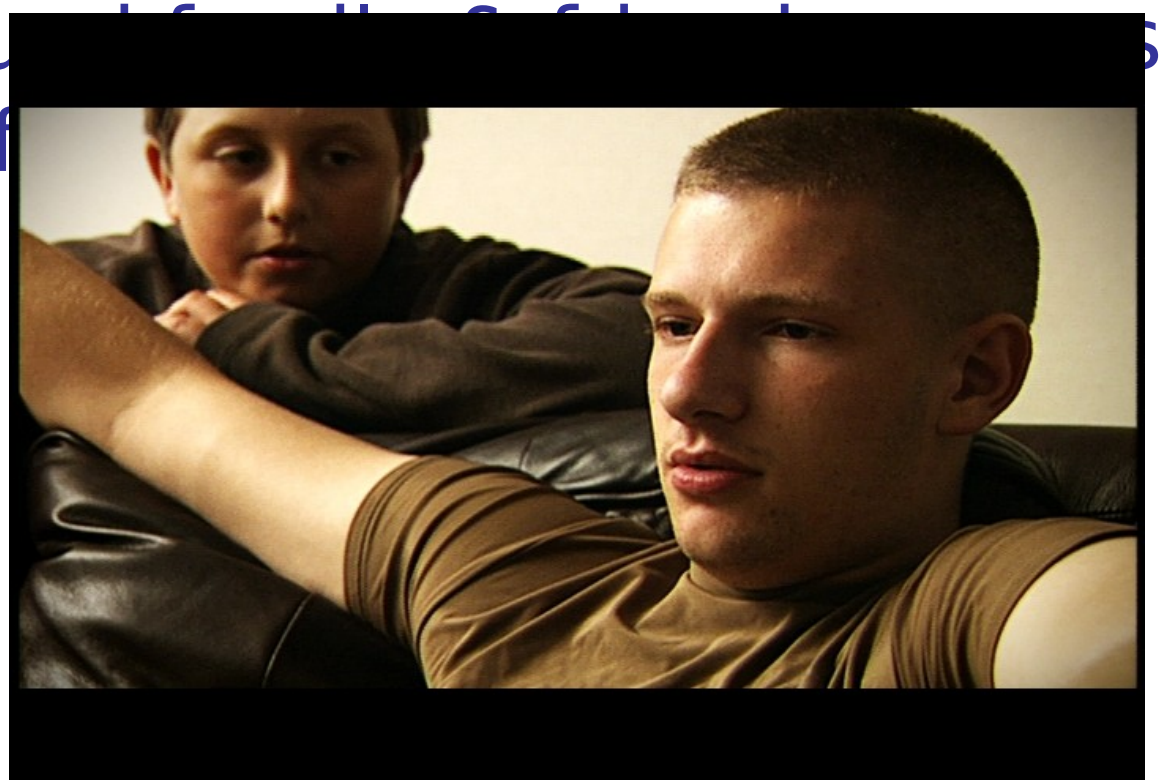


Discipline and Ordering vs. Conflict

BATTLEMIND

In Combat: Survival depends on discipline and obeying orders

At Home: Too rigid. Trying to order arou[illegible]s conf



Giving and following orders involves a clear chain of command…

W
f

Battlemind check (self or buddy)

Relationships aren't going well?

Ongoing conflicts over

Inappropriate aggression

Targeted Aggression vs. **Inappropriate Aggression**

B
A
T
T
L
E
M
I
N
D

In Combat: Targeted aggression involves making split second decisions that are lethal.

At Home: Inappropriate aggression e.g. snap [redacted] our NCO

In combat, the enemy is the target;

Back home, there are no enemies

Battlemind check (self or buddy)

Still snapping at your spouse, kids or buddies?

Getting into fights or heated argume

Avoidin

Drinking to deal with hurt feelings

Detaches (and drinks more) rather than making it right

Soldier-Spouse

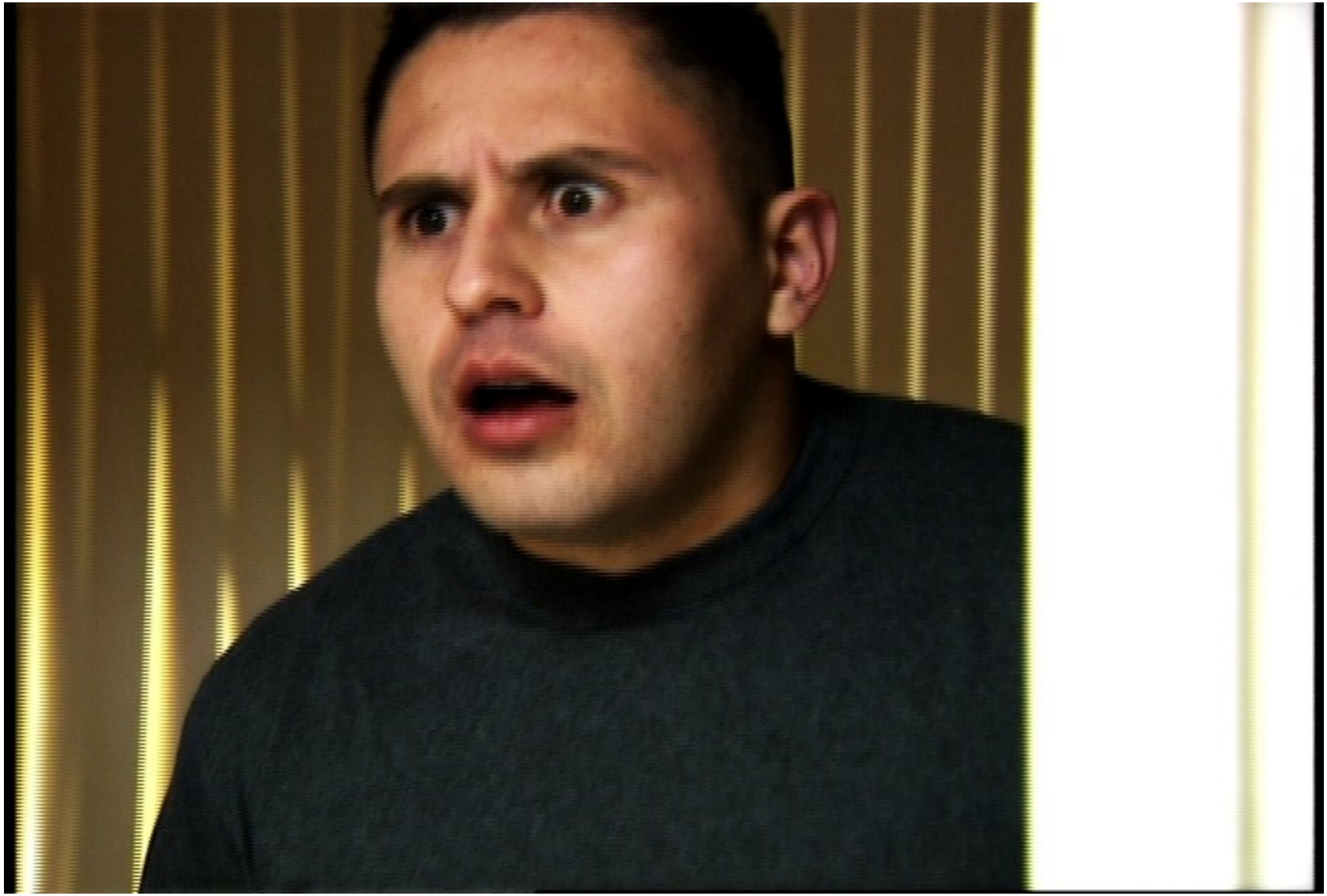
To play video scenario, click the link to play the video.

soldier_spouse.wmv

Detached; avoiding physical intimacy

Drinking to ‘get to sleep’

Nightmares



Guilt over wounded buddy

Secretive: won't share his story

Drinking to calm down

Withdrawal from relationships & activities

Detached; avoiding physical intimacy

Emotional Control vs. **Anger/Detachment**

B
A
T
T
L
E
M
I
N
D

In Combat: Controlling your emotion is critical for mission success.

At Home: Failing to display emotions (detaching), or only showing anger, hurts rel

In combat, controlling emotions is necessary

At home, limiting your emotions leads to relationship failures

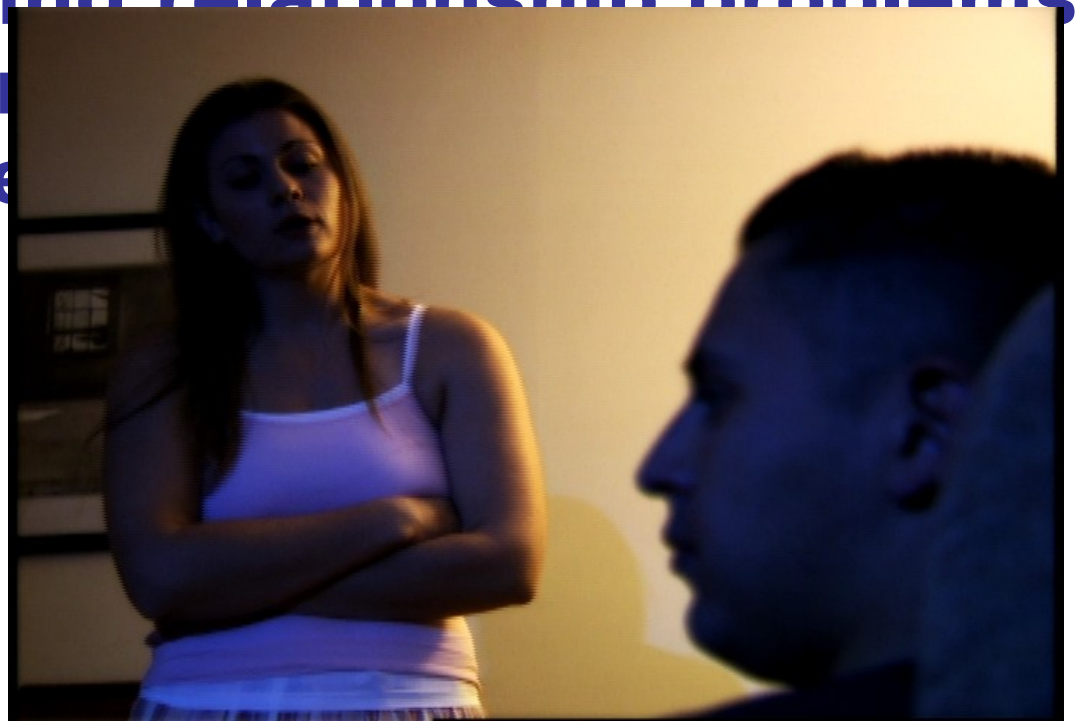
Battlemind check (self or buddy)

Can only show anger or detachment?

Feeling numb?

Having relationship problems?

Friends that you have



Drinking to ‘get to sleep’

Drinking to ‘calm down’

The Alcohol Transition

In Combat: In theatre, alcohol use was limited

At Home: Alcohol is now plentiful

Many Soldiers use alcohol as a way to cope with deployment experiences, but this is not healthy

Le ng alc

Battlemind Check **(self & buddy)**

Using alcohol to calm down?

Using alcohol to help you sleep?

Other **e drinking too m**

Guilt over wounded buddy

Individual Responsibility vs. Guilt

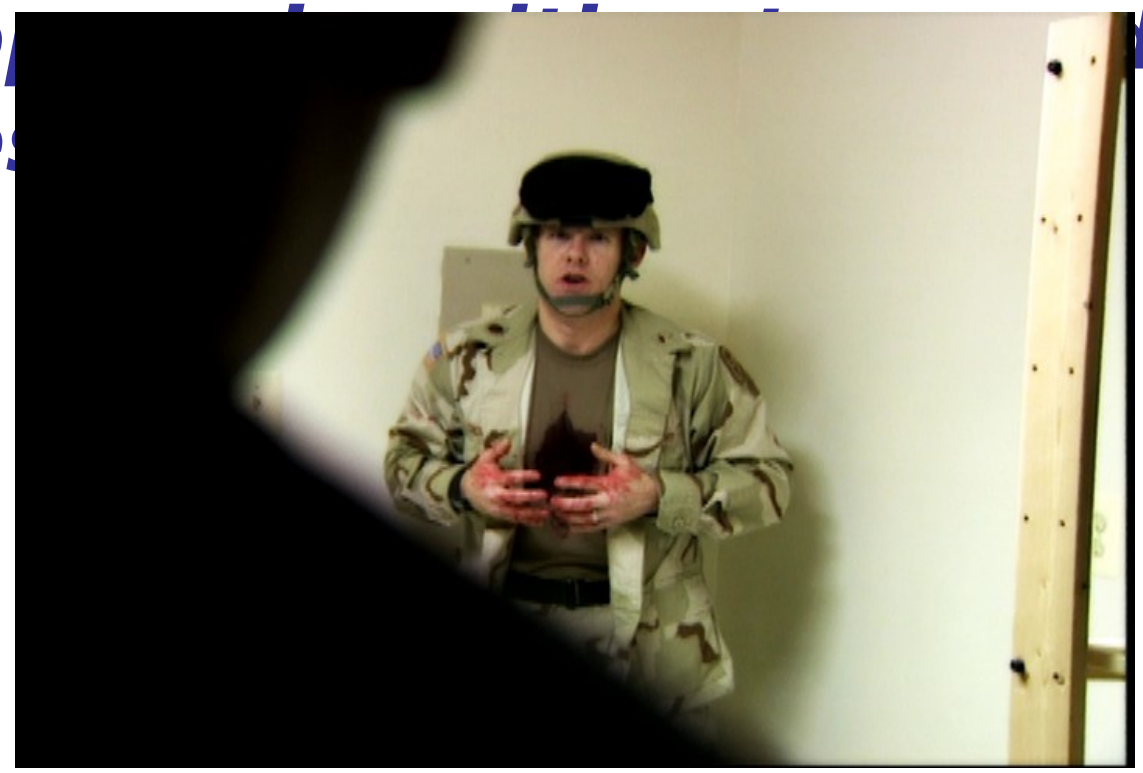
BATTLEMIND

In Combat: Your responsibility in combat is to survive and do your best to keep your buddies alive.

At Home: Guilt. Feel you have failed your buddies if they were killed or seriously injured.

In combat: life and death decisions…in the heat of battle

Back home: learn from what hap gue



Battlemind check (self or buddy)

Certain memories of the deployment keep bothering you?

Still feeling guilt about things that hap

Secretive: won't share his story

Mission Operational Security (OPSEC) vs. Secretiveness

BATTLE*M*IND

In Combat: Talk about mission only with those who need to know (OPSEC).

At Home: Soldiers may avoid sharing their deployment experiences with loved one

OPSEC: The "need to know" now includes friends and family

It'[illegible]

Battlemind check (self or buddy)

Haven't shared your deployment experiences with those closest to you?

Get **ks you**
abou **riences?**

Walter Reed Army Institute of Research

Withdrawal from relationships & activities

Buddies (Cohesion) vs. Withdrawal

BATTLEMIND

In Combat: No one understands your experience except your buddies who were there (cohesion).

At H s and fam

Combat: form bonds with fellow Soldiers that will last a lifetime;

Home: friends and family changed while you were away; re-establishing these

rk.

Battlemind check (self or buddy)

Felt close to buddies over there but now feel alone?

Not

Two Senior NCO's

To play video scenario, click the link to play the video.

two nco's_basketball.wmv

Remember SGT Jones…
Going to chew him out…

Doesn’t sound like Jonsey Maybe he needs some

Going all soft on me… Hey…what did I say?

I’ve been in counseling No…you?

Was dragging my XXX… went to sick call… referred me to counselor

Barbara, too?
Yeah, counselor convinced her…
Good thing, too…she was ready to move back to her parents

Does the commander know? Yeah, he convinced me to go get help.

Maybe that’s what Jonsey needs…

Are you going soft on me… Hey…what did I say?

Myth: Only weak Soldiers have mental health problems

Fact: Everyone is affected by combat

Walter Reed Army Institute of Research

Doesn’t sound like Jonsey… Maybe that’s what Jonsey needs

Myth: If a Soldier has a problem, he/she wi
get help.

Fact: Most Soldiers don't get help because
of stigma.

Walter Reed Army Institute of Research

Does the commander know? Yeah…he convinced me to go get help.

Myth: A fellow Soldier's mental health problems are none of my business.

Fact: Soldiers most often turn to other Soldiers when they need help. Leaders are responsible for helping Soldiers.

Walter Reed Army Institute of Research

Went to sick call…they referred me to counseling

Myth: The Army doesn't support Soldiers who have mental health problems.

Fact: There are multiple ways to get hel

Things are OK now…
The counselor convinced her to stay

Myth: No one can help me if I have a mental health problem.

Fact: Professional treatment helps, the earlier the better.

Mental Health Resources

The Army has established numerous ways for Soldiers and Families to get help for mental health issues:

- Buddies / Leaders
- Chaplain / Troop Medical Clinic / Mental/Behavioral Health Services
- Off-post Mental Health professional / Army One Source / Military One Source: 1-800-342-9647
  - 6 sessions of no-cost counseling
  - nationwide, even remote from installations
- Veterans Affairs (VA)
  - medical centers, clinics, vet centers
  - 2 years eligibility after return from operational theater

Summary

B
A
T
T
L
E
M
I
N
D

- Adapt your **Battlemind** skills to facilitate your transition home. Build on your strengths.

- If you need or want help, get it. Overcome the myths of mental health.

- It takes courage to ask for help and it takes leadership to help a fellow Soldier get help.